

**To cherish peace  
and goodwill, to be  
plenteous in  
mercy, is to have  
the real spirit of  
this holiday.**



**December  
2023  
Volume 97**

## **RAMONA SENIOR CENTER NEWSLETTER**

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awarded by the County of San Diego Aging & Independence Services.**



## FIVE TIPS FOR KEEPING YOUR SANITY DURING THE HOLIDAYS

### 1. GET OUTSIDE AND MOVE.

Exercise takes a backseat when life gets busy, but it's actually the best thing for relieving stress. It doesn't have to be much, any kind of activity will help. Bundle up and go for a walk or hike. Even better, do it with a loved one! Taking time for each other, fresh air, and exercise... it's a winning combination! Some of our best talks happen on hikes.

### 2. FORGET MULTI-TASKING.

We're busy people with a long To Do List, but multi-tasking can actually create anxiety over your jam-packed schedule. Instead, focus on one thing at a time to help stay in the present. Therapists are always encouraging mindfulness, which usually makes me roll my eyes, but they are definitely on to something. If I focus on the joy in the task I'm doing, I'm less likely to start stressing about the other tasks left to be done.

### 3. TAKE A MOMENT FOR YOURSELF.

It's not being selfish, it's self-preservation! Take a bath, meditate, or just sit with a glass of wine or cup of tea in a quiet room. Carve out a time just for you, so you're better able to provide for others. I tend to wait until I'm near a boiling point to do this, but I'm always glad I took a minute to walk away and re-center!

### 4. MAKE A NEW FAMILY BUCKET LIST & TRADITIONS

Every year make a family bucket list of our favorite holiday activities! Decide together what we look forward to most, and focus on those. Which ultimately is just us enjoying the season together as a family. And who knows, we might find there's new traditions we love even more.

### 5. FOCUS ON THE MEANING.

'The reason for the season' isn't just a cliché for greeting cards, it really is what this time of year is all about. Sure... parties, food, and gifts are fun, but it's not why we celebrate. Volunteer at a community organization, sponsor a family, help out in a shelter, or offer to shop for at-risk neighbors. We may be limited, but there's always a way to help others, which is the true meaning of the season.

Getting outside and connecting with nature and family is the biggest one for me. But regardless of our best intentions, things can still get crazy and hectic. Give yourself a little more grace and try to see the silver lining in unexpected moments. Plus, there's always next year, right!?



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**Director's Corner  
December 2023**



Now that Thanksgiving has passed, we have a whole month of endless Christmas carols and copious amounts of cheer to look forward to. For some people, it is their favorite time of year, and for others, it's a month they would rather skip. For me, it's a magical time of year and what could be more beautiful than all those beautiful decorations and lights that people put up and ear to ear smiles on all the children's faces as they look at them.

And while **Christmas** (Dec. 25th) dominates the month of December, there are a lot of other December holidays that shouldn't be overlooked. After all, **Hanukkah** may start on December 7th but it doesn't end until December 15th. And **Kwanzaa** starts on December 26th and ends on January 1<sup>st</sup>.

**ACTIVITIES TO PLAN AHEAD FOR**

**Friday, Dec 1<sup>st</sup>, 12:00 pm** – RJAD

Dance Performers

**Monday, Dec 4<sup>th</sup>, 10:30 am** – Tree

Decorating

**Wednesday, Dec 6<sup>th</sup>, 11:30 am** –

UKULadies Sing Along

**Friday, Dec 8<sup>th</sup>**, Generations Group Singing

**Wednesday, Dec 13<sup>th</sup>, 10:30 am** – Ugly Sweater Day & Cookie Decorating

**Monday, Dec 18<sup>th</sup>, 11:30 am**—Moss/Jensen/Families & Friends Sing Along

**Friday, Dec 22<sup>nd</sup>, 11:30 am** – Holiday Lunch & Opera Singing by Brenna Brean

**The holidays** seem to put us in such a thankful and giving mood. I would like to remind you that we are a non-profit organization and any cash donation given to us is greatly appreciated and tax deductible. Without donations we could not keep our doors open. Please help support us so we can continue to serve a nutritious meal to about 250 seniors a day five days a week. Many of our homebound seniors we deliver to would not otherwise get a hot meal or human contact for that day. We are also running our feed a senior Paper Plate campaign in the Ramona Journal and the Ramona Sentinel this month so make sure you look for that. I would like to thank the Ramona Community Foundation for awarding us grant funds again this year.



**STAYING IN TOUCH**

During the holidays every family should be working hard to provide love & support to their loved ones near and far, and it's not always easy.

There are many ways to communicate with loved ones during the holidays. Zoom, FaceTime and other apps allow relatives of all ages to interact online. If none of these ideas are going to work for you then please remember, the most important thing you can do is keep in touch with your loved ones. Give them a call on the phone, even if it's just to say "Hi!" and that you are thinking of them. If a loved one is not able to attend a holiday celebration, pick a time to call them so they can speak with various family members. Don't underestimate the power of a phone call to help someone feel connected and not forgotten!

John Northman, a psychologist from Buffalo, NY said, "It's well known that when people feel better connected, that they feel better physically, they're certainly less likely to feel depressed or if they do, they're in a better position to get out of being depressed."

**From my mouth  
to your ears,**

**Lora Cicalo, Executive Director**

**Senior Humor**

*Rudolph*

One Christmas, a mother asked her young daughter if she could name two of Santa's reindeer.

"Rudolph and Olive," replied the young girl confidently.

"Rudolph and Olive?" said the mother, quizzically. "Are you sure?"

"Yes, mommy, Rudolph and Olive. Like in the song."

"The song?" asked the mother. "What song?"

The girl sang, "Rudolph the red-nosed reindeer, had a very shiny nose. And if you ever saw it, you would even say it glows. Olive the other reindeer..."

*Let Me Reconsider*

A boy and his mom waited in line at the mall to see Santa. When the boy finally got on Santa's lap, he had a long list of stuff he wanted.

"Santa, I want a new bike, a Star Wars video game, a baseball glove, ice skates, a remote control drone, a new red sled, and a skateboard."

Santa raised his eyebrows and said, "That's a very long list you have there, young man. I'll have to check my records and see if you've been a good boy."

The boy replied, "Oh no. No need to bother with that. I'll just take the skateboard."



**December**

Birthstone

Zircon  
Tanzanite &  
Turquoise



Flower

Narcissus &  
Holly



Signs

Sagittarius  
November 22 to December 21

Capricorn  
December 22 to January 19

## Senior of the Month ~ Lorraine Krol



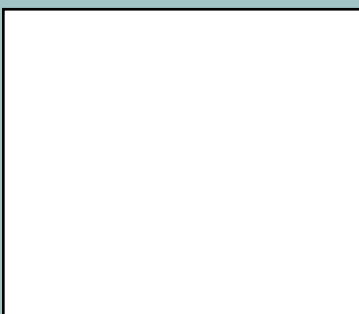
Lorraine was born in Grayling, MI. She had 5 brothers and 3 sisters, but 4 of her siblings have passed away. Her remaining siblings live in Michigan. Lorraine went to Wayne State University in Detroit, MI and graduated with a Bachelors of Fine Art in Painting, Masters of Art in Painting and a Masters of Fine Art, Printmaking.

She was living in Detroit when she went to visit a friend in Oregon. She was tired of the city life and decided to move there, which is where she met her future husband. He got a job at Palomar college, so they moved to San Diego County. Lorraine created art and took her art to various art shows in Sacramento and at the San Diego Art Museum. She then procured a job as a Demonstration Art Teacher at Hanson and Ramona Elementary schools. She eventually divorced and moved from Escondido to Ramona to be in the country and closer to work. Lorraine retired from the Ramona Unified School District after 30 years of teaching Art.

While teaching drawing to 1<sup>st</sup> graders she had some of the students stand to model. One girl, Stephanie, kept raising her hand to volunteer and Lorraine called on her. She got up, gave a beautiful pose and Lorraine told the teacher she would like to take her home with her. The teacher responded “well you may be able to as she is in foster care”. Needless to say, Lorraine adopted Stephanie and she became Lorraine’s daughter. Stephanie is married to Anthony and they are parents to Lorraine’s grandsons, Tiago (4 years old) and Theo (1 ½ years old). They live in San Jose now.

Lorraine likes being physically active. She hikes the Grand Canyon (approximately 25 miles round trip) about once a year and she loves to cross country ski in our local mountains and also swims regularly. In fact, one of her favorite things to do when visiting Michigan is to ride her bike to a local lake, swim across, and back, and bike back home. She has over an acre of property, with an orchard, and stays busy with yard work too. She also volunteers here at the center and has volunteered at many other organizations over the years.

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# New Year Resolutions for Older Adults



Earth has revolved around the sun for another 365 days, which means another year filled with new beginnings, adventures, and challenges ahead. But what better way to kick start the new year than by adding some goals and resolutions to accomplish? New Year's resolutions were designed thousands of years ago to reflect on past mistakes and resolve to do better in the next year. Many people today still aim to follow through with their new year resolutions to accomplish a certain goal and add some fun to it too.

Millions of people of all ages today are making their list of new years resolutions. If you are looking for some inspiration, check out some common goals older adults are starting this year.

## Exercise More Often

Exercise is a vital part of keeping a healthy mind and body. Simple things such as walking, dancing, and stretching can improve our well-being. Staying physically active can improve our balance, sleep, bones, muscles and decrease certain diseases such as heart disease, high blood pressure, and high cholesterol. But always consult your doctor before trying any new exercise routines to ensure it is a safe fit for you.

## Declutter Your Home

Many of us might be spending more time at home due to the colder weather and snow. Which is the perfect time to reevaluate your home's safety and purge any unnecessary items we don't need or use anymore. This can include:

1. Donate old clothes, shoes, sheets, or towels
2. Ensure hallways are decluttered of newspapers, electrical cords, or boxes
3. Make sure wrinkled carpets and loose rugs are adjusted to prevent any falls

## Start Something New

Starting a new routine or going on an adventure you've always been interested in is a great way to start the new year. From volunteering in your local community to keeping a gratitude journal. There are numerous ways to start your new year off right. Some suggestions are:

1. Join an organization
2. Meet someone new
3. Travel
4. See a concert or show
5. Eat healthier
6. Kick bad habits

The new year is a time to start new, plan and reach your goals. It's never too late to do the things you want to do or dream of no matter your age.

*Article taken from: [www.TheHickman.org](http://www.TheHickman.org)*

## SCHEDULE YOUR FREE SDG&E GAS APPLIANCE SAFETY CHECK

As the weather gets cooler, the use of natural gas appliances like water heaters, furnaces and ovens can go up. Schedule a gas appliance check with SDG&E to make sure your appliances are working properly and efficiently to help keep gas bills lower. Getting your appliances inspected is a great way to help prevent carbon monoxide poisoning too.

One of SDG&E's gas technicians will come to your home or business to inspect your natural gas appliances. There are several complimentary services:

- Light and inspect gas pilot lights. Make sure pilot lights and burner flames are a clear blue.
- Check that gas appliances are operating safely and efficiently and not emitting carbon monoxide.
- Ensure gas furnaces are working properly and inspect the condition of the filter which improves the furnace's heating ability.

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Let it Snow

Drummer Boy

Jingle Bell Rock

Rudolph

Last Christmas

Feliz Navidad

Santa Baby

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Jingle Bells